

# **THE ART AND PRACTICE OF OPHIEL**

**A Collection Of Monologues On Working  
With His Materials**

**In particular, techniques and practices for working alongside,  
and with, the Malkuth Earth/Hades body**

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## 11 of 17 psychic exercises. 2022

Having chosen to test, try and/or use, the/your basic cosmic egg or basic chair exercises, to find out/discover, if(?), you #1, are #0 or #3 dominated (That is/this is, if your #0 and/plus #3 bodies, are the main bodies of/for the/your = conscious, as a/its, ness.) As you (if you?), progress, in the egg or chair or both, these exercises, you – conscious-ness, must be aware, awake to the point/purpose **of/for** = the/your exercises.

Which is, to bring to the surface of the/your, conscious-ness, what is already there? which already exists? which is, at this present moment in time, dormant/latent; which is? the ability to, **psychically-tactilely-feel**; define; three-dimensional-ise; symbol-ise!? Those objects; circumstances; things and/or its? that you, #0 &+ #3, bodies, think-feel, that you desire; want; need; brood-on. Why else? Would you, the reader, even bother? with these things, unless(?), it was/is, just #3, Ego body = Me! Me! Me! wanting something for nothing? Well, there is no-thing, in the natural world, that is going to give you, #3, that! All/everything, has to 'be' a/an = **EXCHANGE!** (See/read Ophiel's book; Clairvoyance, his chapter; You are Naturally Clairvoyant.)

The present writer was asked, if they could make someone wealthy/rich, to which they replied yes, very, very easy! no problem! could do it, in about ten minutes! The person who asked, replied; Do it for me, now! The present writer said o.k.! = Find out, what people want! Get 'it' and sell 'it' = to them! at the highest price, they are willing to pay you, for 'it' and do this, for largest numbers of persons, that you can! So, the present writer asked them; what have you got to offer? what can you 'exchange?' for their money, in the way of; goods, services or entertainment? They replied; nothing? To which, the present writer replied; don't give up your day job, just yet!

Peoples/persons, understanding, of life/living, is so warped/misshapen, that it is a wonder? that so many, are alive today? The gods help them, who help themselves! And God help them, who get, caught, helping themselves! When someone really want's, something/anything, their #0, outer, outer physically physical body actions/doings = show/reveal this? = symbol-ise/ex-press this? The/their #0, actions/doings are cumulative/collaborative and ex-press-ed over a period/measure of time!

For, instance; what service? could you, the reader, #0 &+ #3, provide, to/of/for, the/your #1, **psychical** self = to develop; to increase; to be/become, enhanced? Could you, #0 #3, persevere, with the/your egg/chair exercises, in the prescribed manner/method/way(?), until such times, as you, conscious-ness, could **psychically-tactilely-feel believe** the difference? in you, #1 &+ #0, until you, conscious-ness, could **psychically-tactilely-feel believe** the difference? that you now have(?), a partnership; sharing; co-operating and harmonising, which, wasn't 'there,' before? (Even just a/an understanding, is/would be enough! to make a

difference.)

There is/are, many, many, many **psychic**, persons/individuals, out there, in the world today, who are, materially & financially, poor! Because they, whilst being **psychic**? are absolute 'toss-pots,' when it comes to; service provision and/or entertainment. If you would like a sharp knife? then find/discover, a stone to rub it (the knife), on! The egg & chair, exercise, is/are, stones, for the/your **psychic** development, sharpening? There is are, persons/individuals, who couldn't, run a bath, never mind, run a business!

When the present writer offers persons/individuals, the possibility of a technique, for the enhancement, refinement, development, of the/their natural, latent, dormant, natural/normal human abilities, at the very basic/simplest of levels, they shy away, or do not 'do' the work, or can't be bothered, putting in the effort? For some strange reason, they are too busy, too tired, to even stand-up or sit-down? Or, they are too afraid? to enter the/their own dark-ness; black-ness; blind-ness, thinking that there is(!), someone/something? = in there???

The present writer, satisfies all their needs, desires, wants and broodings, knowing that they (the present writer), have no desire or drive for money? as they have more than enough, for anything that they may want/need. (This includes the ability, to not to 'need,' to work for a living!)

The present writer uses? the/this/their #0, outer, outer physically physical world, aggressively and enjoyably, but, most of all and best of all, in the way, that satisfies them! Being beholding to no one, for it! (But... eternally grateful, to/for the writings of Ophiel!)

The most important thing, that a person should understand at the outset, of the/their exercises, is that, as the exercises, egg/chair, **psychic-tactile-feel**-ing; define-ing; three-dimensional-ising; symbol-ising; et al. Develops and Grows, so do they! So too, does the/their possibilities? as the variations of/for the extension/development, of the/their, inner-self world!?

In the morning, when just coming out of sleep, the present writer lays still, and in the/their #1, malkuth earth/hades **psychic-tactile-feel**-ing, and in their **psychic** dark-ness; black-ness; blind-ness, they get out of bed, and walk to the bathroom, turn on the tap, and wash their face. **Psychically-Tactilely-Feel**-ing the warm water, the soap, the scent of it, as they wash their face, all in the blind-ness! Fully aware, awake, to the size; shape; contents of, the toilet. When finished washing, the present writer, in the/their #1, body, dries their face, with the towel and then walks back, to where their #0, outer physical body is laying, and then 'enters' it, and then opens their #0, physically physical eyes and gets up and does the same thing, all over again.

One time, when the present writer was much younger and drank alcohol, and was learning this stuff; they dreamed that they had bought a shirt, and when they woke up next morning, they started to look for the shirt!? Another time, the present writers alarm went off, and they

got up out of bed, got ready for work; washed; packed lunch; drank tea, etc; and when they were going out their front door, it (the door), **banged shut**, so loudly, that it startled the present writer and they woke up in bed? They had dreamed the whole thing!? And then, had to 'do it' all over again!? (What's that all about!?)

When typing these monologues, the present writer, can sense/feel, the/their #1, malkuth earth/hades body standing behind them, looking at, what is appearing on the computer monitor. When the present writer changes the/their, conscious-ness, they can see/observe, the back of the/their head, as the/their #0, outer, physically physical body continues to type! (The present writer, touch types.)

Another valid exercise, is to enter the/your **psychic-tactile-feel**-ing blind-ness, and try on the clothes that you like; even better, to go to the type/kinds of shop/shops you like, and try on clothes/shoes and any accessories that you desire/like. One exercise that the present writer liked, was to sit in the car, and just sense/feel the sensation of doing this. (Very easy exercise, if you are sitting in a seat that is as comfortable as the car seat.)

As you (if you,) conscious-ness, knowingly; deliberately; purposefully; consciously; aware/awake and in the moment, practice your basic cosmic egg exercise, with the five basic **element forces** symbols, within you; about you and surrounding you, #1 &+ #0; Egg = whole body; Sphere = head; Inverted Pyramid = torso; Bowl = hips/pelvis/crotch; Cube = thighs/legs/feet. Eventually, the/these symbols become as real, as is the/your #0, Outer, outer physically physical body! It is at this point/place, where the/your #1, **psychic-tactile-feel**-ing, body, **begins to, believe**!? It is, at this point/place, where you, conscious-ness, can knowingly/deliberately take? your object; circumstance; thing and/or it, into/onto, the/your #1, dark-ness; black-ness; blind-ness, **and 'it!' is now yours! you now already have? your 'it!' you, conscious-ness, already possess it – Object; Circumstance; Thing!** Remember this, from the old crazy book (Bible). Mark 11:24.

“Therefore, I say unto you; what things soever you desire; when you pray; believe that you have received them, and you shall have them.” End quote.

Try it this way, and see how you get on? Therefore, I say unto you #0 &+ #1; what things soever you, Conscious, as a ness, desire; when you pray; **psychic-tactile-feel**, that you, Conscious, have received them, as a 'ness,' and you shall have them.

This, the above, is you, conscious-ness, transferring/projecting, **from** the/your; use time = #0? to the/your, now-time = #1? The now-time? = **CHANGES EVERY 'THING'** = OBJECT, CIRCUMSTANCES, IT! So, what do you, the reader/practitioner think/feel, should be? The EXCHANGE/TRANSITION? Answer - The/your #0, outer, outer physically physical body = actions/doings! is/are, the exchange/transition!

The/your now-time = is in/on the plane/level – above; over; higher; before and in-front?

The/your use-time = is in/on the plane/level - below; under; lower; after and **behind**?

Do you? Can you? Are you? The reader/operator, able to use your, **psychic-tactile-feel**-ing body, to make the above, work/operate(?), for you, conscious-ness!?! (See/read 1 to 17 learning to learn.)

The plane/level above, makes the laws, rules & governances, of/for the plane/level below!

The plane/level above, is now-time! which is then = squeezed-time (compressed = earthed!), gripped-time, grabbed-time, held-time, which is then, becomes? - real-time = #0! Use; uses; use-ing; used!

The plane/level below, is real-time, #0 = use-time! fixed-time! set-time! un-changing-time!

You – conscious-ness, can only ‘use,’ the/your #0, outer, outer physically physical plane! So, to try to, **change/alter it** = #0 = outer, outer physically physical plane time = is use-less?

You, conscious-ness, have to #1, **psychically-tactilely-feel** = **it** – object; circumstance; thing; change – FIRST? By/with resistance? adversary; opposition; obstacle, from which, you, #0, conscious, as a #0, ‘ness,’ will/shall = **work-off-of/from** = use? But... even more important than this; YOU = #1, **psychic-tactile-feel** must believe = **IT**!?

Therefore, I say unto you; what things soever you, #0, desire; when you #1, pray; **Psychically-Tactilely-Feel**, that you, #0, Conscious-ness, have received them, and you, #0, shall have them.

PRAY = To Convince; To Persuade - **#1**! = THROUGH/BY/WITH = #0, OUTER, OUTER, PHYSICALLY PHYSICAL ACTIONS/DOINGS – Please note carefully, very, very carefully! = no verbal speech! no verbal language! no verbal communications! **NO TALKING**!?!

BELIEF = To Trust - #1 = **Psychically-Tactilely-Feel-Ing-Believe**-Ing = Define-ing; Three-Dimensional-ising; Symbol-ising! This **is** the way! This **is** the method! This **is** the practice/doing! This **is** the basic cosmic egg and/or basic chair exercise! = don’t just, read it, and then dismiss it! **TEST IT! TRY IT! USE IT! APPLY IT!**

What is so wrong, in **psychically-tactilely-feel**-ing, that, which you desire; want; need; brood-on?

What is so wrong, in legitimately-honestly, **psychically-tactilely-feel**-ing; define-ing, that which you want?

What is so wrong, in #1, **believe**-ing, that 'it' – is yours = conscious-ness, **already**!

Can you; could you; are you? the reader/operator, as good as, the two students, who wanted to succeed, and pass their exams, to achieve the qualification? The/your #1, **psychic-tactile-feel**-ing-body = **believes** – trusts – through repetitions, repeated (Water-of-Earth!) **psychic-tactile-feel**-ings; define-ing; three-dimensional-ism; symbol-ism!? Many, would be? **psychics**(?), do not understand? the/this, process of #1, repetition = Water-of-Earth! (Bowl-inside-Cube.)

Repeat, from; re = again; turn; revolve + petere = to go to; to strive after; to ask for; From the Proto-Indo-European Root word; pet = to rush; to fly. So, in context; re – is for – conscious-ness, to about turn/about face and look back/look behind.

It is this knowing/knowledge, of the **technique**, that gives/makes sense, of/for the actions/doings, of the/for the/your, #0, outer, outer physically physical body! It is, conscious-ness, which flits from one level to the next, and, it is aware-ness; awake-ness and conscious-ness, of it, which makes it, the **technique** – **believable**!

The worthy ancients found out! discovered! through by/with, tradition; history; application and techniques, that the human mind (not! biological brain?) that the human mind, had/has, certain traits(?), abilities(?), characteristics(?) which were/are, natural to, the human condition/state and that everyone(?), of the norm, accepted norm, has them also!? Therefore, techniques, were developed, practiced, and enhanced, IN ORDER TO GET/HAVE THE BEST? THAT THESE TRAITS; ABILITIES; CHARACTERISTICS, COULD/WOULD OFFER!? Some, of the/these, traits/abilities are:

To observe, ahead of the, use; use-ing; used = TIME. To manipulate, ahead of the, use; use-ing; used, Time, by/with **psychically-tactilely-feel**-ing, the, NOW-TIME. To pre-think, pre-plan, pre-prepare the = FUTURE-TIME. To lead a planned successful life, is, **psychic**; it is because so many persons do not! understand what? the term/designation **psychic**, is/means, that they, the common herd; humanity/humans, cannot/do not/are not, able/capable of, use; uses, use-ing; used, it? the/their inherent, natural, in-born, **in-built-psychic** – abilities, potentials, which remain latent/dormant, all their lives, through ignorance, fear, hypocrisy and lies, which they, humanity/humans accept, because they, humans, as individuals: ARE ASLEEP! ARE UN-CONSCIOUS! ARE UN-AWARE! AND UN-AWAKE!

Up in the morning – eat; urinate; defecate – Sleep!

Up in the morning – eat; urinate; defecate – Sleep!

Up in the morning – eat; urinate; defecate – Sleep!

Up in the morning – eat; urinate; defecate – Sleep!

Read familiar? Do you/can you, the reader recognise? your-self? your life? in the above??  
(There is no shame? in saying yes!! = everybody/everyone – has to start/begin somewhere?  
Kings, Queens, Princes, Princesses, Popes, Prime ministers, Multi-millionaires, Celebrities,  
etc; etc; etc.)

Up in the morning – eat; urinate; defecate – Sleep!

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Up in the morning – eat; urinate; defecate – Sleep!

When these people/persons die? = highborn/lowborn = makes no difference? they leave  
everything? they leave all of it? = behind – in/on the/this #0, outer, outer physically physical  
plane! The only? thing? They might have(?), possibly could have(?), taken(?), with them –  
conscious-ness = IS! = CONSCIOUS-NESS! Providing, (And this IS = the whole point)  
Providing? = they, as individuals = were/are conscious? = WHILST THEY (Conscious-ness)  
= WERE CONSCIOUS = HERE - #0, Outer, Outer Physically Physical!? (See/read Ophiel,  
for this.) (See/read previous Gnostic terms/terminology, for this.)

Please note carefully; #3, Ego Body; Present Incarnation; Personality Body YOU! = IS NOT!  
CONSCIOUS ‘NESS,’ You!? And therefore, #3, cannot/does not; NESS = protrude; stick  
out; jut forth; project, your conscious being = aware; awake = does!

Please note carefully; #3, Ego Body; Present Incarnation; Personality Body = YOU = is/are =  
a construct of = The/your – use; uses; use-ing; used – Time!

Please note carefully; #3, Ego Body; Present Incarnation; Personality Body = YOU =  
PIGGY-BACKS!?! = in/on conscious/conscious-ness.

Please take this, information/knowledge/knowing, experience of, with you - conscious, when  
you – conscious - leave?

Thank you.